



Parmesan Artichoke Casserole

 Gluten Free

READY IN



40 min.

SERVINGS



8

CALORIES



235 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 20 ounce artichoke hearts drained canned
- 2 tablespoons parsley dried
- 2 teaspoons garlic powder
- 0.5 cup mayonnaise
- 1 pinch paprika
- 8 ounces parmesan cheese grated

Equipment

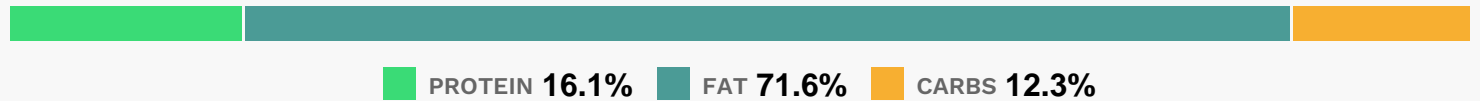
- oven

- mixing bowl
- glass baking pan

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Place artichoke hearts in a glass mixing bowl.
- Mix in cheese, garlic powder, mayonnaise and parsley until well coated.
- Spread mixture in 9x13 inch glass baking dish and sprinkle with paprika.
- Bake in preheated 350 degrees F (175 degrees C) oven until bubbly, about 25 to 35 minutes.
- Serve hot.

Nutrition Facts



Properties

Glycemic Index:8.75, Glycemic Load:0.06, Inflammation Score:-4, Nutrition Score:6.3034781982069%

Flavonoids

Apigenin: 22.52mg, Apigenin: 22.52mg, Apigenin: 22.52mg, Apigenin: 22.52mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 1.66mg, Isorhamnetin: 1.66mg, Isorhamnetin: 1.66mg, Isorhamnetin: 1.66mg

Nutrients (% of daily need)

Calories: 234.89kcal (11.74%), Fat: 18.44g (28.38%), Saturated Fat: 6.04g (37.76%), Carbohydrates: 7.13g (2.38%), Net Carbohydrates: 5.83g (2.12%), Sugar: 0.7g (0.78%), Cholesterol: 30.54mg (10.18%), Sodium: 849.42mg (36.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.33g (18.66%), Vitamin K: 30.11µg (28.68%), Calcium: 258.05mg (25.81%), Phosphorus: 188mg (18.8%), Selenium: 10.49µg (14.99%), Zinc: 1.3mg (8.66%), Vitamin B2: 0.11mg (6.68%), Vitamin B12: 0.4µg (6.66%), Vitamin A: 270.18IU (5.4%), Fiber: 1.3g (5.19%), Vitamin E: 0.66mg (4.38%), Manganese: 0.08mg (4.08%), Magnesium: 12.66mg (3.17%), Potassium: 77.61mg (2.22%), Vitamin B6: 0.04mg (2.06%), Iron: 0.31mg (1.73%), Vitamin B5: 0.13mg (1.27%), Vitamin D: 0.17µg (1.13%), Copper: 0.02mg (1.1%)